

*All the things I'm  
thinking about*

# Let-It-Go List

*Things out of  
my control*

*Things other  
people can do*

*If I let go of some things, what would  
I do with that extra time & energy?  
How would this make me feel?*

*Things that drain  
my energy*

*Things that don't really  
have to get done*

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[illegible]

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